

## What to do if you have confirmed or possible coronavirus disease (COVID-19)

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

### Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested.

If you are over the age of 60 years, are pregnant, or have medical conditions (like cancer, immunosuppression, heart, lung, or kidney disease, and diabetes) you may be at higher risk of COVID-19 complications. Call your physician's office if you are concerned about a medical condition and ask if you need to be evaluated in person. They may want monitor your health more closely or test you for influenza and COVID-19.

If you do not have a high-risk condition and your symptoms are mild, it is very likely you do not need to be evaluated in person and do not need to be tested for COVID-19. There are currently no medications to treat COVID-19. The best thing you can do to protect yourself and others in your community is to stay home while you have mild symptoms.

If you have tested positive for COVID-19 or are suspected to have COVID-19 but have not been tested, you should follow the instructions below.

### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

### Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. Additional [guidance](#) for persons who are helping to take care of you at home is available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

### Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble

breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

### **Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

### **Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### **Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Clean all “high-touch” surfaces every day**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product. See [Environmental Cleaning and Disinfection Recommendations](#) for more information.

### **Monitor your symptoms**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

### **If you need immediate medical attention**

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

### **Discontinuing home isolation**

If you have tested positive for COVID-19, you should remain under home isolation precautions for a minimum of 7 days **and** until your symptoms are resolving **and** you have had no fever (without taking fever-reducing medication) for at least 72 hours.

If you have a fever with cough or shortness of breath but have not been exposed to someone with COVID-19 and

have not tested positive for COVID-19, you should also stay home and away from others for a minimum of 7 days and until your symptoms are resolving and you have had no fever (without taking fever-reducing medication) for at least 72 hours.

**If you are a health care worker, testing may be required before you return to work in some circumstances.** If a non-test-based strategy is used, healthcare workers with possible or confirmed COVID-19 may return to work when at least 3 days (72 hours) have passed since recovery, defined as the resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) **and** at least 7 days have passed since symptoms first appeared.

After returning to work, health care workers should

- Wear a facemask at all times while in the healthcare facility until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer
- Be restricted from contact with severely immunocompromised patients (e.g., transplant, hematology-oncology) until 14 days after illness onset
- Adhere to hand hygiene, respiratory hygiene, and cough etiquette in CDC's interim infection control guidance (e.g., cover nose and mouth when coughing or sneezing, dispose of tissues in waste receptacles)
- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen

Additional information for your household members, intimate partners, and caregivers is available at:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

### **Who is considered to be a healthcare worker?**

Healthcare worker or healthcare personnel refers to all paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or infectious materials, including body substances; contaminated medical supplies, devices, and equipment; contaminated environmental surfaces; or contaminated air.